

Nutrigenomics offers an exciting development in the field of health and wellness.

What does the Cleveland Clinic Canada Nutrigenomics Program involve?

Upon enrolling in the program, you will complete a simple saliva test which allows us to study your genetic variations related to 7 nutrients. The saliva test is quick and non-invasive. You will also be asked to keep a 3-day food diary in order to provide our nutrition experts with insight into your diet, dietary preferences and general lifestyle.

Your saliva will be sent to the Nutrigenomix® lab at the University of Toronto for analysis. The results will be uploaded to a secure computer server from which your Personalized Nutrition Report will be generated.

Your results will be back in less than a month. Your Personalized Nutrition Report will be sent to your Registered Dietitian at Cleveland Clinic Canada.

Once your results are received, your Registered Dietitian will sit with you to review of your Personalized Nutrition Report and nutrition needs, in the context of your medical history, lifestyle, identified genetic risks, current diet, and dietary preferences.

This program is ideal for you if:

- You are actively working to make healthier choices in your life.
- You want to know, "What else I can do to age well; living an active and productive life, with no or few physical or mental limitations?"

Our Nutrigenomics Program is currently available as an enhancement to our Executive Health and Weight and Lifestyle Management Programs.



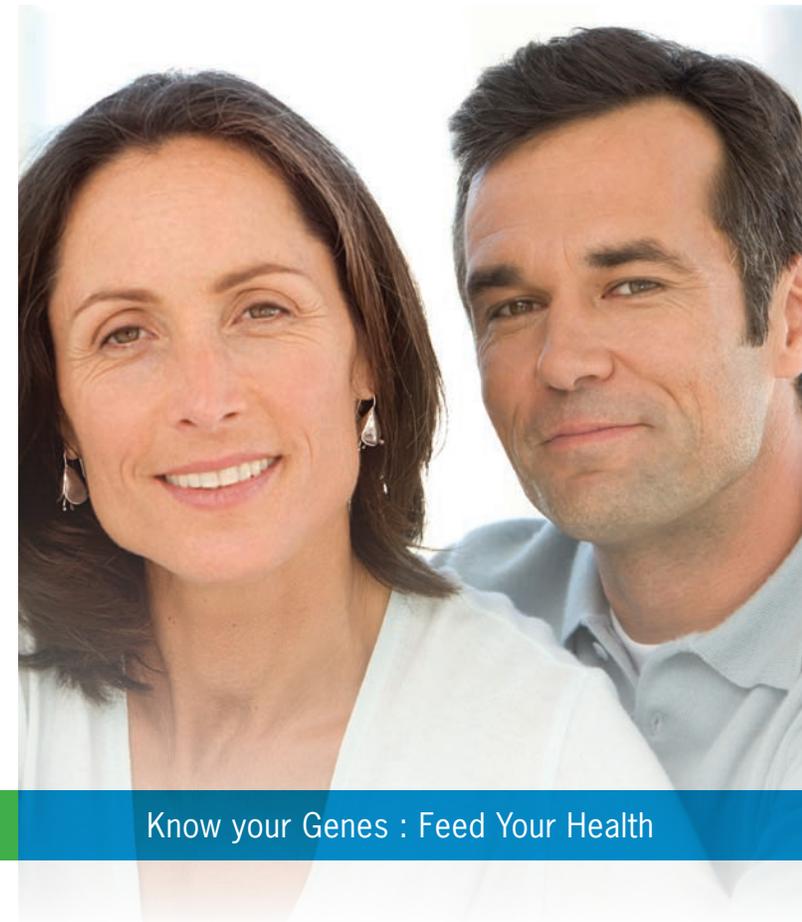
Delivering care centred around you and personalized to your lifestyle.

Established in 1921, Cleveland Clinic is recognized internationally for being at the forefront of medicine, medical research and health care innovation.

Cleveland Clinic Canada is focused on preventing disease, improving health and enhancing the overall well being of our patients. Our 26,000 square foot state-of-the-art outpatient facility offers both public (OHIP) as well as private health care services including;

- Executive Health
- Lifestyle Management
- Sports Health
- OHIP funded specialty services (gastroenterology, dermatology, cardiology)

When it comes to your overall health, we believe it takes multiple specialists to deliver care that is centred around your needs and personalized to your lifestyle. Our multi-disciplinary team of physicians and wellness experts work together, in partnership with you, to help you optimize your health over the long-term.



Nutrigenomics Program

EXECUTIVE HEALTH • SPORTS HEALTH • LIFESTYLE MANAGEMENT

Know your Genes : Feed Your Health

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clevelandclinic.ca

For more information or to book an appointment, call 416.507.6600
or toll-free 1.888.507.6885
nutrigenomics@ccf.org

Have you ever wondered...

Will I be healthier if I drink a little less coffee...eat more green vegetables...or have fish more often?

The 7 Nutrigenomics Tests

Genetic testing is an informative tool for individuals interested in preventing illness and enjoying optimal health as they age.

Did you know...

A variant in one gene can put you at a 53% increased risk of suffering from a heart attack as a result of high caffeine consumption.

Nutrigenomics Program

Knowing your genetic variations can help you tailor your diet to lessen your personal risk for developing certain health problems.

No two bodies process nutrients in the same way. Genetic variations in each of us determine how our bodies use the nutrients we ingest from food, beverages and supplements. Nutrigenomics is the study of how different foods interact with an individual's genes to increase or decrease that individual's risk of developing common chronic diseases, such as high blood pressure, diabetes, heart disease, and stroke.

Our Nutrigenomics program combines the results of a simple Nutrigenomix[®] saliva test, with a 3-day food record, the medical information gathered through a head-to-toe medical assessment and the knowledge and expertise of a registered dietitian. Our goal is to provide practical and easy solutions to help you optimize your diet and long-term health, based on your personal nutrition needs.

Cleveland Clinic Canada is pleased to be the first clinic in Canada to offer the best-in-class Nutrigenomics program, based on the Nutrigenomix[®] genetic testing technology, developed out of the University of Toronto.

Footnote: Nutrigenomix[®] was developed by Dr. Ahmed El-Sohehy, Canada Research Chair in Nutrigenomics, Associate Professor, and University of Toronto. Each test has been validated by an International Science Advisory Board of prominent researchers in the field of genetics and approved for use by Cleveland Clinic Canada by the Genomic Medicine Institute of the Cleveland Clinic Foundation.

Know your Genes : Feed Your Health

The 7 Nutrigenomics Tests (shown below) identify personal genetic variations. These variations cause increased or decreased needs for specific nutrients. Not meeting these personal nutrient needs can, over time, increase your risk for developing certain diseases.



Research has shown that caffeine intake can have a significant influence on cardiovascular health.

An individual with the GA or AA genetic variant in the CYP1A2 gene has a 53% higher risk of suffering from a heart attack as a result of high caffeine consumption. Why is this? Research has found that individuals with these variants break down caffeine more slowly and are therefore at greater risk for high blood pressure and heart attack from caffeine consumption. When coupled with suboptimal blood pressure it is recommended that these individuals limit caffeine intake. For example, among coffee drinkers, a maximum of 2 small (10 oz.) cups of Tim Horton's coffee or 2/3 of a Tall Starbucks coffee (8 of 12 oz.) per day is suggested.



Source: Cornelis et al. Coffee, CYP1A2 genotype, and risk of myocardial infarction. Journal of the American Medical Association. 2006; 295:1135-41.
Palatini P. et al. CYP1A2 genotype modifies the association between coffee intake and the risk of hypertension. Journal of Hypertension. 2009;27:1594-1601.]